



TERM 1

29 JANUARY - 28 MARCH 2024

47 Forest Street, Woodend woodendnh.org.au reception@woodendnh.org.au 5427 1845

COMMUNITY CONNECTIONS

SOCIAL CRAFT GROUP

GOLD COIN

Come along to our Social Craft Group and enjoy the company of like-minded people whilst you get creative.

Wednesdays 10am-12pm

REPAIR CAFE

by donation

Visit our fantastic fix-it volunteers in the Undercroft to mend your household items and clothes.

Sat 6 Jan 9am-1pm
Sat 3 Feb 9am-1pm
Sat 2 Mar 9am-1pm

CHATTY CAFE

GOLD COIN

Pop in and enjoy a cuppa and good conversation at our regular get together with friends, old and new.

Tues 23 Jan 10am
Tues 27 Feb 10am
Tues 26 Mar 10am

COMMUNITY LUNCH

Bookings Essential by donation

Join us at the Woodend RSL for a delicious two-course lunch. Bookings essential.

Tues 13 February 12noon
Tues 19 March 12noon
Tues 9 April 12noon

WOODEND WALKERS

FREE

Meet at the house and walk at two paces - medium and leisurely. The session concludes with coffee at a local café.

Tuesdays 10am

CYCLING GROUP

FREE

The 'Tour de Woodend' is for riders of all abilities. The group tends to avoid main roads and may split into two groups.

Mon & Thurs 10am

COMMUNITY BAGS

FREE

Many hands make light work as we sew, cut, pin, bundle and iron the fabulous Woodend Community Bags.

Thursdays 9am-12noon

ENERGY ASSISTANCE WORKSHOP

NEW FREE

Join Anglicare Victoria and learn about how you can take control of your energy bills and start saving money straight away!

Tues 27 February 11am - 1pm

WELLBEING FOR BODY AND MIND

HATHA YOGA WITH CHITRA

\$126-\$160

Relax, recharge and renew with Hatha Yoga with Chitra. Each class helps you de-stress and bring balance to life!

Monday & Wednesday 9.30am-11am
Wednesday 7.30pm-9pm

YOGA FOR SENIORS AND CHRONIC CONDITIONS

\$105

Gentle and restorative exercises that can help boost energy and reduce pain. Most exercises are chair based.

Mondays (7 weeks) 11.15am-12.15pm

YOGA FOR INDIVIDUALS WITH CARERS

NEW \$105

Create a sense of calm and relaxation, for individuals who require a carer to support their daily needs. Carers participate for free.

Mondays (7 weeks) 12.30pm - 1.30pm

RISE AND SHINE YOGA

\$180

Start your day with Rise and Shine Yoga with Sarah, a beginners level Hatha Yoga class that will gently warm and limber the whole body.

Thursdays (9 weeks) 7am - 8am

WOODEND KIRTAN

NEW by donation

Founded by locals who love the yoga of kirtan, this monthly meeting is all about chanting and feasting. Everyone is welcome. Please register your interest.

Sun 25 Feb & Sun 17 March 5pm onwards

MINDFULNESS AND MEDITATION

NEW \$80

During this four-week Mindfulness and Meditation introductory course, learn simple mindfulness skills to help experience deep relaxation.

Mondays starting 26 Feb 2pm - 3pm

TRY SOMETHING NEW

CREATIVE SEWING & MENDING

NEW \$65

Do you have clothes that are in need of repair? Learn a variety of mending, stitching and patching techniques.

Sun 5 May 11am - 2pm

BASKET WEAVING

NEW \$65

Learn a variety of coiling and stitching techniques to make a basket. Bring along fabrics or use provided materials.

Sat 16 March 11am - 2pm

WOODEND VOCAL TUITION

NEW See website

Woodend Vocal Tuition is a school dedicated to teaching singing to all age groups. Whatever your singing goal, Julie can help! Contact 0403 374 410.

BURLESQUE

NEW See website

Shimmy and shake your way to fun and fitness with Woodend Burlesque. Visit their website for more information:

rangesburlesque.com.au
Thursdays 6pm or 7pm

WHOLE TOWN GARAGE SALE

Saturday 2 March 2024

CHILDREN & YOUTH

WOODEND YOUTH SPACE

Join the Macedon Ranges Youth Team in the Undercroft for Taco Tuesday, Clay Club, Master Chef and a Tie-Dye Workshop. Age 12-17 years.

Tues 6 & 20 February
Tues 5 & 19 March

4pm-5.30pm
4pm-5.30pm

FREE

BEE CREATIVE

Make all kinds of crafty things at our weekly creative club. Explore mosaics, drawing, cooking and polymer clay. Aged 8+ years.

Wed 7 February - Wed 27 March

4.15pm - 5.15pm

\$96



CREATIVE YOGA FOR PARENTS & KIDS

This shared hour of yoga combines fun, dancing between activity and rest, for primary school aged children and their carer.

Wednesday 7 February - 27 March 2024

4:30pm - 5.30pm

\$240

YOGA FOR TWEENS, TEENS AND PARENTS

This shared hour of yoga for tweens, teens and parents builds upon ideas from the creative yoga offering, to invite a growing understanding of mind, body and breath connection.

Wednesday 7 February - 27 March 2024

6pm-7pm

\$240

JUST FOR FUN

BOARD GAME GATHERING

Come along to the Undercroft on the fourth Sunday of each month and join our regular group. All welcome.

FREE

MAHJONG

The Mahjong group meets on a Tuesday afternoon during term times. Register your interest with WNH

\$40

SUPPORT & SERVICES

OFFICE SERVICES & COMPUTER HIRE

Printing, photocopying, scanning and laminating, as well as access to the internet or help completing forms.

varies

IT HELP SESSIONS

Make a time to meet one of our friendly staff or volunteers to help you with your computer, tablet or phone queries.

FREE

PARTY KIT HIRE

Reduce waste and save money with our reusable party kits, including plates, bowls, cutlery, cups and more. Bookings essential.

\$10

RECYCLING

Bring in your bread tags, batteries, bottle tops, mobile phones or other small e-waste to the House for recycling.

FREE

WOODEND FOOD BANK

Everyone is welcome at the Woodend Foodbank in the Undercroft to access food, household and personal hygiene items.

Mondays & Thursdays 12.30pm - 2.30pm

FREE

ST KILDA MUMS DROP-OFF POINT

We are a drop off point for St Kilda Mums - See the list of donatable items at stkildamums.org or we have a copy of the list at the House.

FREE

TRAINING FOR WORK OR VOLUNTEERING

RESPONSIBLE SERVICE OF ALCOHOL (RSA)

All people serving or selling alcohol must hold a current RSA certificate. SITHFAB021 is delivered under VCGLR guidelines.

Friday 15 March

5pm-9.30pm

\$100

PROVIDE FIRST AID

Provide First Aid (HLTAID011) incorporates realistic classroom simulations to help you prepare for first aid situations.

Friday 8 March

9am-3.30pm

\$142

PROVIDE CPR

Provide CPR (HLTAID009) is for those wanting comprehensive and compliant first aid CPR training or as an annual update to a first aid course.

Friday 8 March

9am-12.30pm

\$95

CREATIVE

WOODTURNING

Learn about the art of wood turning during this 8 session course (Tues and Thurs evenings). All consumables and tools supplied.

Starts:
Tues 20 Feb 6pm - 9pm

\$395

BLACKSMITHING WORKSHOP

Learn the basic techniques of blacksmithing and complete your very own cheese knife to take home. With Blacksmith Rob Nansen.

Sat 23 March 1pm-4pm

\$140

CONTINUE ACRYLIC PAINTING

Start something new or bring along your unfinished acrylic painting - all under the expert guidance of our art tutor Marilyn (no class 8 Mar)

Fri 2 Feb - 21 Mar 1pm-3.15pm

\$140

DRAWING FOR BEGINNERS

Each week during this four-week course, create a landscape, still life or floral drawing while learning about composition, tonal value, perspective and colour.

Wed 21 Feb-13 Mar 1.15-3.15pm

\$80